

# Manaaki Hauora-Supporting Wellness

## Learning Session 2

Wednesday 24 June 2015

## Exercise for Life

A Better Breathing & Healthy Hearts collaboration



# Organisational “Buy in”

Aim:

“By December 2015, 100 Better Breathing and Healthy Hearts participants will graduate with a self-management passport to health”.

## Buy In



Commitment to doing things better

Passionate about providing the best

Working with consumers

Trust in/by stakeholders

# Measures Summary



[www.wallpaperslibrary.com](http://www.wallpaperslibrary.com)

## Participants

- What is needed to self-manage?
  - Skills & knowledge
  - Technical skills
  - Information provision
  - Behaviour change

## Staff

- Confidence and competence in learning/facilitation of SMS
- Review of current resources
- Process map of best practice visibility

## Service

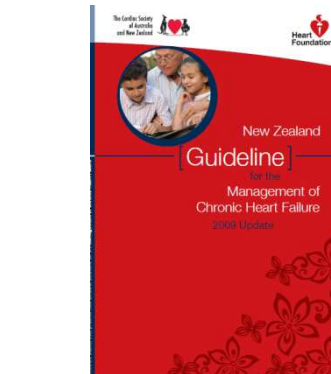
- Evaluation of current resources
- Requirements to improve
- 'Passport' design/concept as co-designed with participants

# Driver Diagram



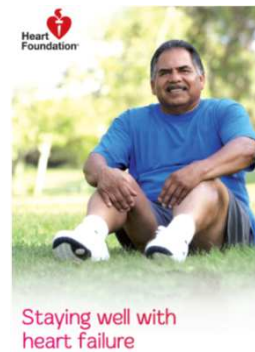
# Change Ideas - Themes

**Informed by:**  
 Evidence  
 Best practice  
 Responsive to community  
 Current trends  
 Consumer co-design



- Self Management - participants**
- Personalised
  - Key health messages
  - Action Plan
  - Useful contacts
  - Resources

- Self Management - staff**
- Skills in facilitating SME
  - Knowledge of education frameworks



# Most successful PDSA cycles?

- 'naming' the product by participants ie PASSPORT
- Consensus agreement on contents
- Reorganisation of room to facilitate shared learning

# What Changes have you tested?

	Change Tested	Outcome
1	Introduction of passport concept	Pilot of 'passport', concept, contents and design
2		
3		

# Highlights and Lowlights

## Highlights

- Collaboration between Better Breathing & Healthy Hearts
  - Learning from existing programmes
  - Sharing resources
  - Inspirational/innovative and productive meetings
- Mutual agreement on shifting the existing paradigm
  - Dominant goal orientated programme

## Lower lights

- Time challenges
  - Time for staff to meet
  - Meeting clinical needs and time to develop/evolve/implement 'passport'
- Marketing constraints
  - Staff creativity
  - Need for 'quality' product (brand)
  - Access to resources i.e. colour photocopier, graphics, talent



# Achievements to Date

- ✓ *Agreed aim*
- ✓ *Completed project charter*
- ✓ *Driver diagram*
- *Change package*
- *Communication plan*
- *Measurement plan*
- *Staff responsibility/expectations*
- *Audit trail of change*
- *Evaluation of 'difference' including consumer survey*

# Collaborative Team Members

Better Breathing & Healthy Hearts teams including participants & whanau  
**Exercise for Life**

